

Classroom PE

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HELP!!!! I have no place to do P.E. or money for equipment.
Today you will learn how to help your students get 90 minutes or more
of P.E. with limited space and budget.

PARTNER INTRO GAME

- Have students partner with different students and perform different tasks
- Tasks can include handshake, high five, oops-a-daisy
- Test to see if they remember partners
- Play music – I'll Be There For You / Rembrandt

ACTIVITY SHEETS

- Have students get in groups of 4, 5, or 6
- Give one sheet to each group
- Play Music – Woo Hoo / The 5, 6, 7, 8's and Yakety Sax / Circus Band

ROCK, PAPER, SCISSORS

- Everybody gets 10 tokens
- You may challenge anyone but not twice in a row unless it's a tie
- If you win you get their token
- Can use letters for literacy reinforcement
- Play Music - Jump / Van Halen

PIZZA BOX STRETCHING

- Over and under
- Reverse over and under
- Side to side
- Reverse side to side
- Figure 8 (extended side to side)
- Play Music – That's Amore / Dean Martin

RAINBOW STRETCH

- Sit in a v shape
- Dip opposite hand by opposite foot
- Stretch up and out
- Repeat several times
- Play Music – Over the Rainbow

12 DAYS OF GYM CLASS

- Play music and follow along – 12 Days of Gym Class

STRETCH BANDS

- I use for seated upper body workout
- Theraband is the brand name
- Can also use clothing store elastic
- Play Music - Day-O (The Banana Boat Song) / Various Artists

STATES & CAPITALS (CONTENT AREA P.E.)

- Find a partner
- One partner has answer sheet and asks partner a capital question
- If they answer right they get a high 5 if wrong they say the right answer 3 times while doing ski jumps
- After answering 3rd question switch with that partner
- Play Music – I've Been Everywhere / Johnny Cash

BALLOON HACKY SACK

- Four Basic Kicks Inside, Outside, Toe, Knee
- Great soccer warm-up
- Great brain activity
- Play Music – Neutron Dance / Pointer Sisters

KLEENEX SCARF JUGGLING

- Use tissue for the scarves
- 2 per student
- Break ply apart for 3rd scarf
- Play Music – Mission: Impossible and Can Can / Circus Band

ADDITIONAL STRETCH BAND ACTIVITY

- Play Music – Soul Man / The Blues Brothers

CHA CHA SLIDE

- Play music and follow song – Cha Cha Slide Short Mix / MC Jig

Music can be purchased at <http://www.apple.com/itunes/overview/>